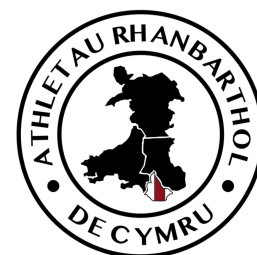




SOUTH WALES REGIONAL ATHLETICS COUNCIL



Cross Country Representation & Selection Policy v1.0

Version Number	Adoption Date	Revision Date	Publisher / Reviewer	Summary of Changes
1.0			Cross Country Team Manager (RE)	New policy (2026)
1.1			Cross Country Team Manager (RE) & Chair (KP)	Updated some minor points to sections 3, 4, 5,, 6, 7, 8 &10
1.2		August 2027	Cross Country Team Manager (RE) & Chair (KP)	Updated some additional minor points to sections 4 regarding selection criteria and section 7 appeals.

1. Background

The South Wales Regional Athletics Council Cross Country season comprises three fixtures:

- South Wales Regional Cross Country Championship — a championship fixture held at the first Gwent League fixture and acting as the selection race for the Welsh Inter-Regional Cross Country Championships. Any South Wales eligible athlete can compete.
- Welsh Inter-Regional Cross Country Championships — a championship fixture between the Welsh Regions hosted by Welsh Athletics and acting as the selection race for the UKCAU Inter Counties Cross Country Championships. Athletes must be selected for South Wales to compete.
- UKCAU Inter Counties Cross Country Championships — a championship fixture between the English Counties, Welsh Regions, Scottish Districts, and Northern Ireland hosted by the Counties Athletics Union. Athletes must be selected for South Wales to compete.

Declaring eligibility and availability for selection and championship races is the responsibility of each athlete. The region will make every effort to inform all clubs and athletes of upcoming deadlines and Team Managers will not be responsible for missed declarations.

This is a discipline-specific policy that sits under the Council's Selection & Eligibility Policy. It covers only Cross Country fixture arrangements, squad sizes and discipline-specific selection criteria.

2. South Wales Regional Cross Country Championship

Typically held on the second weekend of October. To compete, athletes must either declare themselves individually or their club must submit a bulk declaration through the South Wales website before the end of the day of the race.

Athletes must be eligible to represent the region — please refer to the SWRAC Selection & Eligibility Policy on the regional website for eligibility criteria.

There is no limit to the number of athletes that a club can declare. Athletes that do not declare availability will not receive awards.

Individual awards and team awards are presented to U12, U14, U16, U18, U20, Senior, V35, V45, V55, and V65+ for both male and female. Teams consist of 4 athletes for junior and senior categories, and 3 athletes for masters categories (V35 and above).

This is the selection race for the Welsh Inter-Regional Cross Country Championship.

3. Welsh Inter-Regional Cross Country Championship

Typically held in the final weekend of November. To compete, athletes must be selected by the South Wales Team Manager for their age category, who will be identified on the South Wales website and Facebook page.

Each age group squad consists of a squad of up to 15 athletes who can all run on the day, except V65+ squads which are composed of 5 athletes.

Scoring teams consist of:

- 8 athletes for U14, U16, U18
- 4 athletes for U20
- 8 athletes for senior
- 5 athletes for V35, V45, V55
- 3 athletes for V65+

Selection criteria

The first 9 athletes finishing in the South Wales Cross Country Championship are automatically selected. The first 3 athletes in the V65+ category are automatically selected.

The remaining places (6 for standard age categories, 2 for V65+) are filled at the Team Manager's discretion, based on each athlete's performance, head-to-head record and attendance at regional fixtures over the preceding 12 months.

Additional athletes will be invited if automatically-selected athletes are unavailable. Declarations of squads must typically be made the Monday before the race.

Athletes are asked to declare their availability for selection for this race in the declaration for the

South Wales Cross Country Championship. If no declaration is made for the championship, or the athlete was unavailable for the championship race, the Team Manager can be contacted to declare availability for selection up to the squad declaration deadline, though already selected athletes will not be deselected so this should occur at the earliest opportunity.

4. CAU Inter Counties Cross Country Championship

Typically held in the second weekend of March. To compete, athletes must be selected by the South Wales Team Manager for their age category, who will be identified on the South Wales website and Facebook page.

An athlete will be ineligible for this fixture if they have competed in another county or region's championship.

- Junior age group squads (U14, U16, U18 & U20's) consist of up to 12 athletes, 8 of whom can run on the day. Junior scoring teams consist of 4 athletes.
- Senior age group squad (20 years and above) is composed of 15 athletes, 9 of whom can run on the day. Senior scoring teams consist of 6 athletes.

Selection criteria

Age category medallists in the Welsh Inter-Regional Cross Country Championships are automatically selected for their age category squad, with the first 5 guaranteed to run.

The remaining squad members are selected at the Team Manager's discretion, based on each athlete's performance, head-to-head record and attendance at regional fixtures over the preceding 12 months.

For senior squads, masters athletes (V35 and above) who finish ahead of the final medalling senior athlete are also automatically selected up to the squad size limit. Additional athletes will be invited if automatically-selected athletes are unavailable.

Declarations of squads must typically be made one month before the race, at which point runners for South Wales will have been informed, and after which if a runner for South Wales becomes unavailable they will be replaced by a reserve from the squad at the Team Manager's discretion.

Athletes are asked to declare their availability for selection for this race in the declaration for the South Wales Regional Cross Country Championship. If no declaration is made for the championship, or the athlete was unavailable for the championship race, the Team Manager can be contacted to declare availability for selection, though already selected athletes will not be deselected so this should occur at the earliest opportunity.

5. Acceptance of selection

Athletes selected for the Welsh Inter-Regional or CAU Inter Counties Championships must confirm their acceptance within 7 days of notification. Athletes who do not respond within this timeframe may have their place reallocated to a reserve, in strict order of the criteria set out in Sections 3 and 4.

Where a place becomes available late in the selection process and the standard 7-day acceptance period cannot be accommodated within the declaration deadline, the Team Manager may shorten the acceptance period accordingly.

Athletes offered a place under a shortened timescale will be informed of the exact deadline in writing at the point of offer, and shall be given no less than 24 hours to respond. This provision does not affect the order of reallocation set out in Sections 3 and 4.

Once all selected athletes have confirmed their acceptance, the full squad will be announced on the South Wales website and Social Media sites.

6. Selection principles and conflicts of interest

Team Managers exercising discretionary selection must apply the criteria in Sections 3 and 4 consistently and in good faith. Where a Team Manager has a personal connection to an athlete under consideration (for example, a fellow club member, family member, or athlete they coach), they must declare this to the Chairman or another officer. In any such case, a second Team Manager or officer must review and confirm the decision before the squad is published.

7. Queries and disputes

Appeals about a Cross Country selection or eligibility decision are handled under the Selection & Eligibility Policy, Section 7 (Appeals); there is no separate Cross Country appeals process.

Before appealing, an athlete (or parent/guardian) may query a selection decision with the Team Manager, who must provide written feedback within 7 days. This informal step aims to resolve straightforward queries without a formal appeal, but does not affect the right to appeal under Section 7 at any time.

Appeals will only be heard if the athlete has declared their availability for the fixture in question.

8. Safeguarding and communication with junior athletes

Where a selected or reserve athlete is under 18, selection notifications should be communicated to a parent or guardian, in addition to the general safeguarding requirements set out in the Selection & Eligibility Policy, Section 10.

9. Review

This policy will be reviewed annually by the Executive, or sooner if UK Athletics, Welsh Athletics or Constitutional eligibility rules change.